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**THRIVE WEEK**

Find out about the fun events that took place last week during UW's Thrive week.



**GEM AND MINERAL SHOW**

Get a look at inside the mother nature's life's work at this year's UW Gem and Mineral Show P11.

**U OF G PROF CHARGED P3**

John Kissick was caught on video assaulting his girlfriend.

**FRISBEE TEAM WINS BRONZE P13**

Women's frisbee team beats Queen's University, their toughest competition.

**ZERO WASTE HALLOWEEN PARTY P12**

Learn party ideas for food and decorations with minimal waste.



# Trump administration plans to redefine gender

Find out how this impacts the local trans\* community and what students have to say on P4.

# Thrive Week: Student Mental Health Forum

**Charlotte Hings**  
Managing Editor

Feridun Hamdullahpur wants students to know that the university cares more than their education.

"[Forming the committee on Student Mental Health] is one of the most comprehensive undertakings that we had in terms of student mental health," The President of the University of Waterloo said. "[We are continuing to build an environment] that shows that we care a lot, not just your performance in your classes or your marks, we care about you as a whole person. And that's the reason why the student mental health committee worked so tirelessly to produce the set of recommendations that recognizes all of this."

As a part of Thrive week, the Student Mental Health Forum was hosted by the Committee on Student Mental Health (Co-SMH) on Wednesday to give an update on the work of the Committee since the last forum. Here, the Co-SMH presented that, of the 36 recommendations presented last March, 44 per cent of them have been completed or are in progress. They also presented the upcoming actions for achieving the next 56 per cent, stating that they are on target to implement all recommendations by the end of their two-year mandate.

In March 2018, the President's Advisory Committee on Student Mental Health (PAC-SMH) presented 36 recommendations for the strengthening of student mental health at the University of Waterloo.

The Co-SMH was then formed to develop and implement a plan to translate the PAC-SMH report's recommendations into specific actions consistent with the intent and purpose of each recommendation. To date, two of the Co-SMH recommendations have been completed, which are the formation of Co-SMH, and the second being to "openly communicate the process the University takes when communicating student deaths on campus," as stated on the Co-SMH website. The signing of the Okanagan Charter took place during the forum, thus completing a third recommendation.

"[This charter is] a statement of principles that we will adhere to ourselves in terms of how we value mental health and act on it as a campus community, but it also engages us with the broader community of universities that are committed to working on student health and wellness," Dr. John Hirdes, Chair of the Co-SMH, said.

It puts a mental health lens on the day-to-day business of the University.

The signing of the Charter represents how the University of Wa-



PHOTOS COURTESY UNIVERSITY OF WATERLOO  
Members of the Co-SMH, John Hirdes, Feridun Hamdullahpur, Ayana Kawe, Meghan Crouch, Walter Mitelstaedt, and Jim Rush during the questions and answer period of the Forum.

terloo is essential.

"Moving from a perspective where mental health and wellness is the responsibility of a few professionals to an environment in which a healthy campus becomes the business of all the stakeholders of the university," Rush said.

The Co-SMH meets monthly to support mobilization of the recommendations. Since May, they established an executive sub-committee, launched a website to display the progress on the recommendations, and added seven mental health staff on campus, but will likely not add any more. They've produced many documents about resources for faculty and staff about what to do when a student approaches them in distress, ensured faculty and staff get training based on the nature of their contact with students, and had over 1,000 faculty and staff trained in various mental health modules and 1,700 students trained with coping skills within UW Counselling Services.

At the beginning of the forum, Hamdullahpur spoke of the events that sparked the formation of the Co-SMH.

"We were always taking student mental health very seriously and

we thought we were doing a good job until about a year and half ago when our campus got really shaken by two suicides."

These two people, and many before them, reached the point where they felt the need to take their own lives before the University took action to improve the mental wellness of students.

During the question and answer period, an audience member asked what things need to be done differently by the University, in terms of organizing curriculums, student orientation, assignments and assessments, among other things, to improve the mental health of the students.

The response offered was that the student mental health lens of the Okanagan Charter must be placed on all of the actions taken by the University going forward and that the recommendations need to be implemented.

While the progress discussed in the Forum is important and necessary, there is still work to do to address the causes of stressors that UW students face within their academic environment.

"Our excellence is important to us, it means something, our differentiation is important to us, [...] it makes a difference, but at the same

time, this doesn't have to be at the expense of health, wellbeing and mental health of our students," Hamdullahpur said.

However, none of the recommendations discuss cultural changes that affirm the lives of students at Waterloo beyond their academic achievements and very few describe real concrete changes to occur around the University; rather, they are designed to deal with the aftermath of these stressors.

Kaitlyn C., a 3A Psychology and Peace and Conflicts double major student, was at the Library Self-Care kits Thrive Week event this week and said that institutional changes need to occur at UW in terms of mental health.

"We need to take initiatives, we need to have different institutionalized ways where we can talk about mental health," Kaitlyn said.

Kaitlyn said that while adding mental health staff represents an important and necessary measure to deal with current issues, it is also a measure taken to retroactively deal with students who have already become mentally ill, as opposed to proactively working toward creating an environment that promotes the mental wellbeing of students.



Feridun Hamdullahpur and John Hirdes after signing the Okanagan Charter.

# A Warrior's legacy: mentorship

Victoria Gray  
Executive Editor

**U**W Athletics Department and Wilfrid Laurier's athletics department have lost a legend, but his legacy will live on.

Long-time Warrior, mentor and champion of athletics, Chris Triantafilou, passed away on the morning of Oct. 25 after a brief battle with cancer.

Triantafilou, better known as, 'Greek,' was a caring, genuine, and passionate person who made everyone around him feel important.

Marshall Bingeman, assistant head coach of UW's football team said Triantafilou really cared about people, players and staff. He took it upon himself to help raise people to a higher level in every way.

"He was always about being a mentor as well as a coach, always about preparing the student athletes- not just for their role on football field, but for their roles in life," Bingeman said. "He took a lot of pride seeing them go on to graduate and come back with the families and careers they dreamed about. That was one of his great successes."

Triantafilou was a coach with the Warriors football program for 19 years and a member of the UW Athletics department for 31 years.

He was an assistant coach with Waterloo from 1987-90, and then in 1991 took over as the Defensive Coordinator where he led a defensive unit and earned a reputation as one of the best Defensive Coordinator's in the Canada. Triantafilou helped win Wa-

terloo's first Yates Cup in 1997 and again in 1999.

In 1998, Triantafilou took over as the head coach, a position which he held until 2006.

In 2006, Triantafilou then took over as the facilities manager in Warriors Athletics and worked in that capacity until 2018.

"He's very much a mentor to those that worked for him as the facilities manager. Guiding them into becoming the best they could be," Bingeman said.

He also served on a number of OUA committees to help advance interuniversity sport throughout Ontario.

Triantafilou was a defensive back who played with the Laurier Golden Hawks for head coach Tuffy Knight in the late 70's and early 80's.

"[I'm going to miss] just being able to talk to him about what's going on and get his advice and to just sit down and have a beer with him and chat about what's going on. He had a real love for our football team and program. He always wanted to offer assistance and advice to all of us to make it better," Bingeman said.

He also volunteered his time with many sport organizations, including assisting in the launch of the Waterloo Region Predators.

Triantafilou is survived by his wife and three daughters.

Condolences for the family and donations to Coach Tri's Scholarship for Athletic Success will be accepted online at [www.laurieralumni.ca/triantafilou](http://www.laurieralumni.ca/triantafilou), or in person through the Erb and Good Family Funeral Home, 171 King Street South, Waterloo, online at [www.erbgood.com](http://www.erbgood.com) or 519-745-8445.



COURTESY UW ATHLETICS

Chris Triantafilou, UW Athletics facilities manager and former head coach passed away on October 25.

## U of G prof charged

Farishteh Khan  
News Editor

**U**niversity of Guelph professor John Kissick has been catapulted into the spotlight as a result of alleged assault charges filed by his girlfriend, Talia Yeo.

Yeo posted a video on her Instagram and Facebook accounts containing graphic content showing Kissick assaulting her using a weapon.

This video was recorded in an attempt to show her boyfriend the brutality of his behavior from her perspective.

"Unfortunately when I would speak to John about the way he was treating me, the narrative that was created was that I was crazy, that I was instigating him, that I was bringing it on, there was zero accountability," Yeo said.

She endured the physical abuse for approximately one of the four total years of their relationship.

Despite trying to get him to accept his

mistakes, talk him out of the pattern of behaviour, and display the appropriate remorse, Yeo was repeatedly blamed for instigating and deserving his abuse.

In a last-ditch attempt to rectify the situation, Yeo was advised to film the video that was later posted online and taken to the police.

According to her, this video was taken in July 2018 and led to a hospital visit where she was diagnosed with a concussion, a swollen jaw, and some bruises.

The University of Guelph responded to the social media uproar:

"The University takes such allegations seriously. We have met with the faculty member and are looking into the situation," a statement to CBC news said.

However, attempts to reach out to Kissick so far have been unsuccessful.

He currently faces two charges of assault and one charge of assault with a weapon, but did not appear at court for his hearing on Oct. 16. As such, the case was adjourned to Nov. 6.

Win two tickets to the Nov. 19 show at the Aud! Email your favourite Russell Peters joke to [editor@uwimprint.ca](mailto:editor@uwimprint.ca)

**RUSSELL PETERS**

# Fighting transphobia on campus

**Harleen Kaur Dhillon**  
Editorial Assistant

**N**aomi Dylan is afraid future laws may make them a target for discrimination because of their gender. "I think it's a scary time. I think it's a sad time," Dylan, a general volunteer at Laurier's Rainbow Centre, said.

Dylan's fears stem from the recent controversy surrounding the Trump Administration. On Oct 22, a memo was leaked from the U.S. Department of Health and Human Services that revealed plans to redefine gender to mean only the genitalia a person was born with.

This would deny trans\* people (people who do not identify with the sex they were assigned at birth) their identities and their existence.

The question of gender is important. If it is redefined to mean only biological sex, trans\* people would no longer be protected from discrimination through Title IX, which requires recognition of chosen gender identities.

"When something like this happens, it's not only one or two steps back for trans\* rights. It's a leap back, and it makes lots of

trans people worried for their futures," Ava Allain, Advocacy Director for the Glow Centre for Sexual and Gender Diversity, said.

Athena Caesura, an American Physics Graduate Student at UW, indicated that the move is reminiscent of the prevalent transphobia of the early 20th century.

"You get a pit in your stomach whenever your government does something like that. [...] There's a bad historical precedence that gives you a pit in your stomach whenever something like this happens. I would say that there's definitely a negative atmosphere surrounding the community right now," Caesura said.

Allain believes the situation in the US for trans\* people may serve as a warning sign to Canadians for what a future with the wrong people in power could look like.

"For Canadian trans people, it's a sign of what could happen here if the wrong people get in power here. It's the U.S. government broadcasting that they won't treat us as people, and there are people out there in Canada who will hear that and will agree," Allain said.

The Canadian trans\* community is nervous about the new blatancy of American transphobia. Canadian trans\* people may be unable to take their medications over the

border, and would have even more difficulties getting healthcare south of the border than they already do.

"The government of the U.S. is stating publicly that A) They are not interested in protecting trans\* people or treat us with respect. B) It's ok to be a public figure in a governmental position and be openly transphobic," Allain said.

Caesura said that Canadian trans\* people are already cautious of their neighbours to the south, and the recent developments only serve to make travel more difficult.

"Many of us need to be able to transition medically to feel like we're in our right bodies. The U.S. does not have government sponsored healthcare and it's not easy to get healthcare down there for a Canadian. Even before the Trump administration's middle finger to us, there was a certain amount of caution towards the U.S. or going to the U.S.," she said.

The likelihood of the bill passing is difficult to tell, but many are optimistic that district courts will prevent it from passing. There are many protests against doing so-ernment's proposals and there is a lot of hope for the midterms happening in early November, when the Democrats could potentially reclaim the majority of the Senate.

"It's hard to tell how likely it is that the legal definition of sex would be officially changed [...] Luckily there are a lot of people out there protesting and if the midterm elections aren't in favour of the Republican Party, they may just not have enough power to make it happen," Allain said.

Both Americans and Canadians have tentative hopes for the future.

"It's definitely a big issue when the government issues a statement saying that your identity is not valid. But I've come to not really believe the Trump administration, mostly because Trump lies constantly. So I'm not grabbing my pitchfork and torches yet... the courts are still fairly in favour of blueness at the district level. I think we have a good chance at fighting pretty much anything that he [tries to throw at us]," Caesura said.

Caesura has little faith in the Trump administration and hopes their efforts to legalize discrimination continue to fail.

"[It's] not like there's no chance of something bad happening, [...] There've been some close calls, but they've failed a lot so far. I have mild faith in their ability to fail repeatedly," she said. "I feel as though this administration has [...] at least proved to me its inadequacy at this point."

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## POLICE BRIEFS

**W**aterloo Regional Police recovered a loaded gun and one man was arrested.

On Oct. 28, police responded to the area of Country Hill Drive and Old Country Drive in Kitchener for a report of a male with a gun. Police located the man's vehicle nearby, arrested him and recovered the loaded firearm.

**A** 25-year-old female was charged with impaired driving after losing control of her vehicle with a 10-month-old infant in the car. On Oct. 26, at 12:30 p.m., Waterloo Regional Police responded to a single motor vehicle collision on Lobsinger Line, just west of Heidelberg, in Wellesley Township.

A car, travelling westbound, lost control, crossed the centre median and went into a ditch. The vehicle came to rest in a farmer's field. The driver and 10-month-old passenger were transported to Grand River Hospital with minor injuries.

The driver was charged with impaired operation of a motor vehicle and over 80.

**A** male was seriously injured after responding to an online sale ad.

On Friday, Oct. 26, at 2:25 p.m., Waterloo Regional Police responded to an assault in the parking lot of Stanley Park Mall, at 1005 Ottawa Street North in Kitchener.

The male who was assaulted went to the parking lot to purchase an item from an on-

line classified ad site.

Once there, the buyer and seller were in an altercation and the male was assaulted, receiving serious injuries.

The suspect fled the area in a light-coloured pick-up truck.

He is described as a white male, in his 40's with a stocky build.

Anyone with information is asked to call police at 519-570-9777 ext. 4499 or Crime Stoppers at 1-800-222-8477.

**W**aterloo Regional Police discovered multiple opioids after a car was broken into in Cambridge.

On Oct. 28, police responded to a report of a car being broken into in the Water Street area of Cambridge.

Officers responded and arrested one male and one female.

Officers found the suspects in possession of suspected fentanyl, crystal methamphetamine, powder cocaine and crack cocaine.

**A** car hit a woman on Oct. 28, at 7:40 p.m., while she was crossing the road.

Waterloo Regional Police responded to the collision in the area of Courtland Avenue and Stirling Avenue in Kitchener.

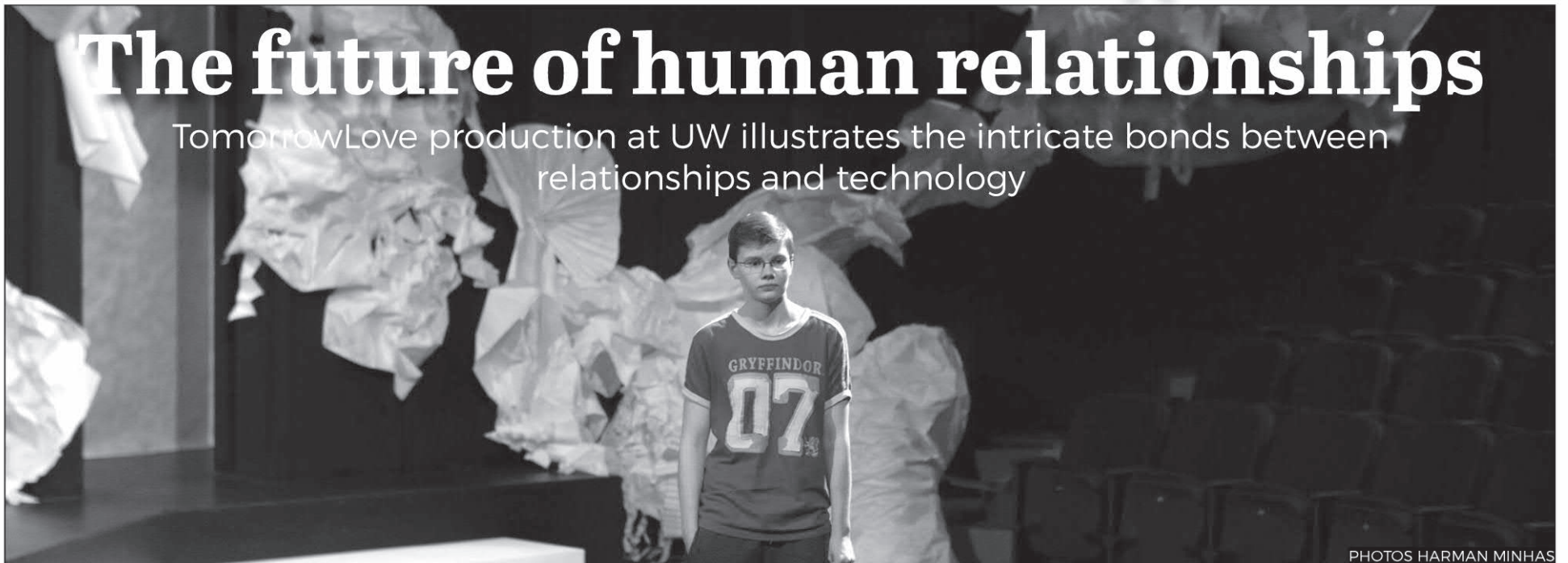
She suffered serious injuries and was taken to Hamilton for treatment.

Anyone with information is asked to call police at 519-570-9777.



## The future of human relationships

TomorrowLove production at UW illustrates the intricate bonds between relationships and technology



PHOTOS HARMAN MINHAS

The actors of TomorrowLove rehearse their separate playlets for the production.

**Faith Rahman**  
Arts & Life Editor

Reid believes love is important no matter what for it comes in.

"Love can take on many forms. But at the end of the day, it's still love," Reid, a theatre and performance major and actor in the University of Waterloo fall production titled *TomorrowLove*, said.

*TomorrowLove* reimagines a near future where seemingly infinitely expanding realities exist alongside virtual reality, exploring the intricate bond between relationships and technology through gender neutral characters that can be played by anyone.

"It explores how, although technology may change, human relationships and interactions will not," Reid said.

The production, written by Rosamund Small in 2015, features seven playlets, each one an outlet to express a different realm of technological advancement. However, *TomorrowLove* actors Reid and Eric Fiedler, another theatre and performance major, ex-

plained that while the theme of technology is present, it is not the focal point. Rather, it is there to accentuate human connections.

The actors explained that initially, *TomorrowLove* had been set up to choose several

ous rooms. As such, even the writer herself had only watched 13 of her playlets. At the University of Waterloo, however, audience members will be able to become completely immersed within seven of the playlets,

Fiedler expressed that the production tells stories with which many individuals, including himself, can foster connections. For example, his character Charlie embarks on a transformative journey to obtain a 'successful' or 'perfect' appearance through a technology reminiscent of plastic surgery.

"There are a lot of people today who would like to change something [about themselves], whether it be their face or their body," Fiedler said.

With a diverse cast and storyline, *TomorrowLove* allows for an experience that is just as diverse and personal for everyone.

The production will run from Nov. 14-17, with two ASL interpreted shows on Nov. 14.

Having memorized, lived, and breathed their respective playlets for nearly two months, Reid and Fiedler look forward to speaking with the audience after the performance to discuss the themes and their fresh perspectives on it.

"Technology is now an inextricable part of our lives," said Reid. "We can't disconnect, because at this point it's impossible to be completely disconnected from anything."

“  
**Although technology may change, human relationships and interactions will not.**  
”

- REID, THEATRE & PERFORMANCE MAJOR AND ACTOR IN TOMORROWLOVE

of the 15 original playlets at random and actors would discover their roles the day of the performance. The chosen playlets would then be performed simultaneously in vari-

ous rooms. As such, even the writer herself had only watched 13 of her playlets. At the University of Waterloo, however, audience members will be able to become completely immersed within seven of the playlets, which will be presented one after the other to experience, "a very funny, poignant look at how technology is a pervasive figure in our lives," Reid said.



# Love letters to inclusive feminism

Event highlights gender equality for all genders



RUTH STEWART-PATTERSON

**Harleen Kaur Dhillon**  
Editorial Assistant

**K**arly Rath wants people to know that feminism is not only for women. It has grown to include equality for all genders, however they identify. Still, an air of transphobia persists in some radical feminist circles.

"It's important to highlight that feminism means [...] gender equity for all genders, not just cisgender women, so it's important that we have an inclusive definition of feminism and understanding of gender equity," Rath, Volunteer and Community Engagement Director for LSPiRG, said.

To counter the arrival of one such transphobic speaker on the Laurier Campus, the Rainbow Centre, the Laurier Students' Public Interest Research Group

(LSPiRG), and the Centre for Women and Trans People held the Love Letters to Inclusive Feminism event on Wednesday, Oct 24th. They aimed to provide a safe space for trans\* people -- people who identify with anything other than the sex they were assigned at birth -- and their allies, as well as resources for support and information for anyone who may need them.

Trans\* people face isolation and seclusion in a world designed for cisgender people (people who identify with the sex they were assigned at birth). Love Letters provided visibility and a sense of community to trans\* people.

"As a trans person, I feel often very secluded and isolated and don't often get to connect with other trans folks and I think that's maybe because not all of us are like super crazy different looking, although some of us are and that's pretty cool," Naomi Dylan, a general volunteer at Laurier's Rainbow Centre, said.

"Just being able to be around people who may be cis or maybe

not but everybody is really accepting is a different change," Dylan said.

The organizers of Love Letters showed support to the trans\* community and provided a safe space for them and allies to relax away from an increasingly transphobic atmosphere.

"We know that there's a lot of transphobia that folks are facing on and off campus, [...] we just wanted to make sure that there was a supportive space where folks could find out what organizations are supporting them and what sort of people they can go to for support as well," Miles Hewson, the Administrator for the Rainbow Centre, said.

"[It's also a] chance to get to know each other, be in a comfortable space at a time when things aren't so great out there all the time, to be able to provide just a nice, comfortable space is really important," Hewson said.

Amanda Fitzpatrick, Co-ordinator of the Glow Centre for Sexual and Gender Diversity, was the only representative from a UW-based

group. She expressed the importance of community beyond the respective campuses, and the need for a counterevent against the transphobic speaker in a non-aggressive manner.

"Instead of having a protest upfront, we thought it would be better to just do something to distract and take energy away, [...] by having a counterevent, we're able to have a nice space that people can go to instead of always having things that are just aggressive and not great energy," Fitzpatrick said.

"One of the reasons that I wanted to get involved as Glow [...] we're on the same community, the same people that are going to be listening to the transphobic speaker are the same people that we're interacting with when we're off campus [...] so it's important that we create an inclusive community," she said.

Love Letters included relaxing recreational activities for attendees. Colouring pages were set up in the centre of lots of food and drinks, as well as resource pamphlets, self-care cards, and buttons. Attendees could also make

their own fun buttons, many of which had themes of equality, queerness, and inclusivity.

In addition to providing a safe space for trans\* people, Love Letters was meant to promote inclusive feminism, one that does not exclude the many other genders also subject to inequality and discrimination.

"We want people to have access to what they're looking for when they come in -- so whether that's a conversation, whether that is just a place to chill -- making sure that folks are able to access what they need out of this space is what's important," Hewson said.

The organizers also highlighted their ever-present resources and supports for anyone who needs them. Love Letters was a one-time event, but the message it sent is everlasting.

"We just want to emphasize that our groups and the individuals in our groups support trans students and trans people in our community and that's the most important thing to keep in mind. We're always here," Rath said.



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## Bridges connect many generations and cultures

**Alicia Wong**  
Reporter

John Lewis, an associate professor at the University of Waterloo's School of Planning is changing that social scene by encouraging empathy between strangers.

Hearing a relative tell you what to do because they've been there already are familiar memories and things that we've heard before, but so often shrugged off in our youth.

We learn to respect those that are already close to us, but what about those on the periphery? What about the strangers you walk by on the street?

We are also taught to fear strangers for the damage they may

cause.

Students and older generations are being given the opportunity, to understand each other.

Lewis has recently launched his Bridges project – a series of free workshops with the aim to facilitate intergenerational connection through recreational activities and active community relationships.

The Bridges learning program aims to create intergenerational cultural connections in the community by inviting those from a variety of ethnic and cultural backgrounds to share their experiences, traditions, and knowledge. Their team also strives to create a welcoming and inclusive environment for recent immigrants to the

Kitchener-Waterloo region, who can experience a complex mix of different cultures in a welcoming environment.

Lewis' first workshop, a cooking class, attracted a 35 person crowd, where youth and older adults learned about cross cultural culinary crafts and cuisine. In teams, these adults also had the opportunity to make rotis and curries together.

There was more to the event than the food, for it facilitated conversation for cross generational learning, sharing of past experiences, and created an energetic environment in good company. Lewis is exploring other cultural crafts to extend the program to while continuously providing op-

portunities for intergenerational interaction in the Waterloo community.

The Bridge pilot project has attracted attention from local brands like the FreshCo grocer, on Westmount Street, and Waterloo's neighbouring campus community at Wilfrid Laurier University. Lewis also received a federal grant in May of 2018, valued at over \$19,000 from New Horizons for Seniors program, which will hopefully fuel future workshops and facilities with the Bridge's team.

The next workshop, a Métis art class, is open to students and adults alike and will be held Monday, Nov. 5 from 6:30 to 8:30p.m. at St. Paul's University College in Waterloo.



# Translating a culture between worlds

Cultural Translation at Grebel Gallery questions displacement and reinsertion of culture

PHOTOS FAITH RAHMAN

Hand-made and collected porcelain birds from *The Immigrants* installation (above) and the plates featured in *The Immigrants: Canada 150* (below) at Grebel Gallery.

Faith Rahman  
Arts & Life Editor

Sohelia Esfahani uses art to explore her conflicting and contrasting feelings between her two cultural identities after immigrating to Canada in 1992. Hailing from Tehran, Esfahani explores a world suspended between her Iranian and Canadian cultures. Esfahani translates her cultural self-discovery into tangible realities, encouraging visitors to evoke personal interpretations to this in-betweenness.



Through her exhibit, *Cultur-*

*al Translation: Negotiated Third Spaces and Those Who Live There* at Conrad Grebel University College's Grebel Gallery, "Esfahani questions displacement, dissemination, and reinsertion of culture by re-contextualizing culturally specific ornamentation," according to the gallery's description. It brings together a collection of art and objects found and created, both souvenirs from her travels around the globe and hand-made. Sprinkled across the centre of the gallery floor is a flock of white porcelain birds embellished with culturally specific blue designs that Esfahani has hand-built and collected from souvenir shops and flea markets. Titled *The Immigrants*, the birds illustrate and highlight migration as souvenirs that physically transcend boundaries to be integrated into new cultures. To the right, a wall is dotted by white ceramic plates also adorned in blue decals, featuring various culturally significant designs and events. This installation, *The Immigrants: Canada 150*, was inspired by an oil painting produced in

1922 by Frederick Verley, also entitled *The Immigrants*, which portrays immigrants disembarking their ship onto Canadian soil. As such, Esfahani's 60 plates present souvenir plates typically purchased and by tourists, juxtaposed by plates ornamented by common clothing labels which disclose their place of origin. In the gallery description pamphlet, Esfahani recalls that she "simultaneously experienced feeling connected and disconnected to the city – I was a tourist in what was supposed to be my home." This inspired the following two installations: three wooden panels collectively named *Portable Culture* and *A Trace of the Traceless*. While two out of the three panels in *Portable Culture* feature ornate patterns, one superimposed with a Canada goose and the other with a maple leaf, the third one displays a motif of repeated shipping pallets. *A Trace of the Traceless* incorporates objects acquired from Lake Louise to Dubai to Honolulu to Hoi An to Kitchener-Waterloo. However, all

pieces are tied together by an "arabesque pattern replicated from the mosaic design of the interior dome of the Imam Mosque," according to the gallery pamphlet.

Esfahani's visual art has been shared across Canada from coast to coast, spanning distances parallel to her journey as an immigrant and the lengths to which she had travelled to acquire the subjects of her artwork. Having received her Bachelor of Fine Arts at the University of Waterloo, Esfahani is now a lecturer for the Studies in Islam program at Renison University College. Currently, *Cultural Translation* is displayed until Dec. 20, 2018 and her work can also be found at THEMUSEUM in Kitchener and the Art Gallery of Windsor.



## A how-to guide to trans\* allyship

Charlotte Hings  
Managing Editor

How can you be a trans\* ally?

The WLU Rainbow Centre believes, it's mainly about staying respectful, mindful, and supportive of issues facing transgender people today.

The Centre hosted their Trans Allyship Part 1 event last Thursday where they gave a presentation discussing many intersecting layers of discrimination faced by transgender people, and led activities designed to help understand the privileges that many cisgender people may take for granted.

The Rainbow centre representatives said our society is dominated by a cis-hetero patriarchy that adds several layers of discrimination to transgender people: cisnormativity, genderism, transphobia, and trans misogyny. Cisnormativity is the assumption that all individuals are cisgender, or their gender identity aligns with their biological sex. Cisgender people make up the majority of the population, but it's not okay to presume that everyone is cisgender unless specified.

Genderism is the cultural belief that there

are, or should be, only two genders: male and female.

This view does not consider gender identity as a spectrum, and props one gender over another for its stereotypes.

Transphobia is the expression of fear, hatred, disbelief, and mistrust of people who are transgender and can lead to discrimination and physical harm. Transmisogyny is the convergence of transphobia and misogyny, the negative attitudes directed toward trans women, transgender and gender non-conforming people on the feminine end of the gender spectrum.

Transmisogyny devalues all qualities associated with 'femaleness,' viewing them as less than that of 'maleness,' and deserving of hatred, mockery and violence. The layers of discrimination overlap and create interdependent systems of disadvantage for the trans\* community. This is called intersectionality.

Following the presentation, participants completed an exercise in small groups, where they were given a list of 30 cisgender privileges, but were only allowed to 'purchase,' nine from this list with their Laverne Cox Dollars. This list encompassed various situations that cis and transgender people experience very differently.

Some were life and death matters such as, if you end up in the emergency room, you do not have to worry that your gender will keep you from receiving appropriate treatment, or that all of your medical issues will be seen as a result of your gender. Some were matters of basic safety, for example: "use public restrooms without fear of verbal abuse, physical intimidation, or arrest." Some were matters of representation such as "having your gender as an option on a form."

No matter the nature of these privileges, all were examples of rights to basic needs that many cisgender people do not think twice about on a day-to-day basis. These "privileges" are not things that any human being should have to pick and choose; everyone should be allowed to have all of them, all the time.

Lastly, the event concluded by explaining eight steps to guide to be a trans\* ally.

1. Offering your own pronouns when you introduce yourself and asking others for theirs is important so that you don't misuse their pronouns; but also understand if they do not feel comfortable sharing this information.

2. Use the pronouns that people have asked you to call them by and if you make a mis-

take, don't explain why it's difficult for you to remember.

3. Understand that pronouns can change. Identifying with a specific pronoun is not just a phase; even so, a moon has phases, and it's still a moon. Therefore, a person flowing through different pronouns is still a person.

4. Teach yourself the basics. If a friend comes out to you as trans\*, don't rely on them to explain everything to you, it's not their job. Take this responsibility off trans\* people and use Internet resources to understand what this means.

5. Correct people when they misuse pronouns when the person isn't there. But first, check-in with that person to see what they would want you to do for them in these situations.

6. Apologize and move on, when you make a mistake. This is not about you and how difficult it is for you.

7. Be intentional when you use pronouns and understand that pronouns reflect the specificity of a person's trans experience.

8. Support those working through their gender identity. This could include offering to help try on clothes with them in a private, safe space, and offering to try out different pronouns to see what feels best to them.

# Thrive Week: Building positive mental



PHOTOS CHARLOTTE HINGS

**Harleen Kaur Dhillon, Charlotte Hings, and Sarah Mazen**  
*Editorial Assistant, Managing Editor, Reporter*

To Grace Stemp-Morlock thriving is flourishing and to prospering, while growing and developing. “The last year in UW has been a very difficult one in terms of MH on campus and I think every opportunity to help students keep surviving is very important.” the Lego artist and UW alumnus, said.

Mental health affects everyone, and to strengthen it, it is important to learn about it, think, talk about it and discover healthy coping skills and resources to thrive all year.

From Oct 21 to Oct 26, UW celebrated Thrive Week, a week dedicated to mental health awareness, skills, and resources. Various groups all over campus provided events, resources, and discussion forums to promote mental health care and help students main-

tain their mental health.

A variety of events were offered throughout the week. From dog therapy at St. Paul’s to Cookies ‘n’ Rocks at St. Jerome’s to creation of Self-care Kits on campus libraries, groups across the campus worked together to further the goals of Thrive Week.

The last few years have been difficult for the UW community as we mourn the loss of a few of our students. At times like these, raising awareness and providing resource for mental health is priority.

Stemp-Morlock ran the Building for Change - Lego Art Mental Health Exhibit, where she presented her own lego creations and provided others the opportunity to build their own.

UW has a reputation for its academic prestige, but this reputation sometimes comes at the price of students’ mental health.

“We’re known for being workaholics and that’s the issue, we need to recognize that there’s more than just the academic sensibiles

[sic],” Justin Doyle, a Social Work student and organizer of Dog Therapy at St. Paul’s said.

“Reaching out and grabbing the resources that are needed to help the student thrive [is important] because we want to build a community of strong, resilient students and if we’re only focused on academics, we’re not focusing on the whole person,” Doyle said.

The members of the UW community have many ideas for the best steps forwards for a mental-health aware campus.

Kaitlyn Chorowiec, a Psychology and Peace and Conflict Studies student and Library Ambassador, was part of the team that organized Self-Care Kits in the UW libraries.

“We need to thrive constantly and consistently in the university,” Chorowiec said. “We need to take initiatives [...] we need to have different institutionalized ways, because institutionalized then trickles down to individual, ways where we can talk about mental health.”

“We’re very theoretical [...] we know that

it’s a problem, we think this will work, but we don’t put it into practice.

So, it’s putting i n t o practice what we thought,” Doyle said.

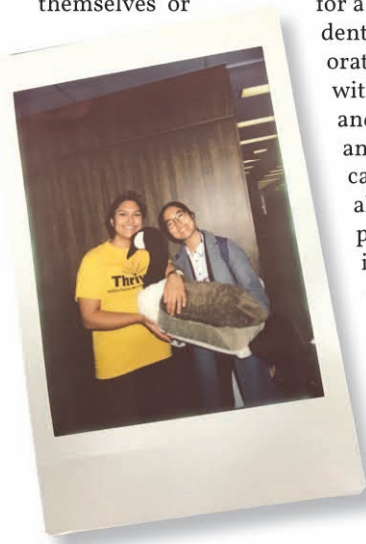
“It doesn’t have to be perfect bc no one’s perfect, but we need to make adjustments to make sure that we’re meeting the needs of all students.”



## Library Self-Care Kits

On Tuesday, the Dana Porter and Davis Centre Libraries both offered students the opportunity to make self-care kits for themselves or

for a friend. Students could decorate their bags with stamps and doodles, and add self-care materials such as pins, colouring sheets, and tea. Scholar the Goose was also available to take polaroids



with students.

Kaitlyn Chorowiec, whose group planned the event, said “we came up with the idea of self care kits because oftentimes mental health is and mental illness is invisible. You don’t necessarily know when someone is going through something rough [...] it’s just a good way to start a conversation [...], a way of opening a dialogue, not necessarily forcing one to happen.”

Building Social Change - Lego Art Mental Health Exhibit Presented by Feds

Grace Stemp-Morlock presented her works of lego art at the SLC Great Hall on Tuesday, Oct 22. In her sculptures, she depicted her mind as turbulent, shark-filled waters, as fiery pit, as a battlefield of masculinity and femininity, and as a heavily guarded self behind a multitude of walls. Stemp-Morlock has opened up about her struggles with depression, anxiety, and self harm. She has opened up about her fear and her pride through her art.

“I use lego as my medium to discuss [mental health] because lego in itself- the building process has been very therapeutic for me,” Stemp-Morlock said. “I find that when I take things that are built out of lego out into the public, people aren’t scared of them so they are willing to talk to me and willing to engage in discussions and help break down stigma and actually have good discussion around mental health.”

## Building Social Change - Lego Art Mental Health Exhibit

On Tuesday, Oct 22, St. Paul’s University hosted two Thrive Week events. The first was Connectedness and Wellbeing: A Discussion with the Disability Advocacy and Community Alliance. The discussion centred around mental health





# health for the whole UW community



CHARLOTTE HINGS

Cookies from the Cookies n' Rocks event at St. Jerome's.



and the loneliness, isolation, and stress that students feel in UW. Most importantly, the difficulties of accessibility for people with disabilities - physical or not, visible or not - were discussed. The conclusion was that UW needs to be far more proactive in becoming an accessible campus for all students -- whether through more accessible gender-neutral bathrooms, or better policies for extensions on assignments.

The second event was Dog Therapy, lat-

er in the evening. Dog volunteers from St. John's Ambulance were accompanied by their human caretakers and spent two hours with students. This event was organized by Justin Doyle, a student of Social Work.

"Thrive Week is super important because it's recognizing that mental health is a key component of the whole student; so if you're only focusing on the academic part of the student, you're not doing many [people] justice," he said.

## St. Paul's Events

On Tuesday, Oct 22, St. Paul's University hosted two Thrive Week events. The first was Connectedness and Wellbeing: A Discussion with the Disability Advocacy and Community Alliance. The discussion centred around mental health and the loneliness, isolation, and stress that students feel in UW. Most importantly, the difficulties of accessibility for people with disabilities - physical or not, visible or not - were discussed. The conclusion was that UW needs to be far more proactive in becoming an accessible campus for all students -- whether through more accessible gender-neutral bathrooms, or better policies for extensions on assignments.

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"Thrive Week is super important because it's recognizing that mental health is a key component of the whole student; so if you're only focusing on the academic part of the student, you're not doing many [people] justice," he said.

## St. Jerome's De-stress Colouring

It was a very artistic and relaxing day to be creative on Thursday at the St. Jerome's University Library at the all-day drop-in De-stress with Coloring event. Both students and faculty members were able to destress by taking some time to color bookmarks, coloring sheets and even make their own buttons to take home!

## BSW Bake Sale

Also on Thursday, a bake sale was hosted at the Renison Atrium. All the tasty baked goods were baked by students in the Bachelor of Social Work (BSW) Program and organized by their Events Organization Committee here at the University of Waterloo. All the proceeds from the bake sale were donated to The Canadian Mental Health Association - Waterloo Wellington (CMHA WW), an organization that cares for people of all ages dealing with addictions, mental health and developmental needs.

## Cookies n' Rocks

On Friday, St. Jerome's University, hosted a small Cookies n' Rocks event, where students could come and decorate (and eat) cookies and rocks. Students were also invited to write on a large blank banner, ways in which they practice self-care. The main idea behind this activity is that sometimes self-care is like a cookie: fun, an easy choice, looks great, instantly gratifying, quick. Instagram worthy. But sometimes, self-care is like a rock: not always fun, takes time for results, long-lasting, can be boring, but is just as helpful. For example this could be things like saying 'no,' taking a day off school or work, taking prescribed medications, doing the dishes or laundry, or talking to someone.



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# Gem and mineral show returns to the University of Waterloo



COURTESY UNIVERSITY OF WATERLOO

The Waterloo Earth Science Museum's gem and mineral show allowed students and the community to see some of nature's wonders.

**Nick Owens**  
Science and Tech Editor

The gem and mineral show returned to Waterloo's Earth Science Museum this weekend, with many different activities to showcase some of the natural wonders that this world has to offer. The show included a series of different activities that encouraged interaction with types of minerals. As well, a number of vendors came out, selling various minerals to those who were interested. Some simply sold samples of rocks to those who wanted to observe them at home. Others created different forms

of jewellery or, in one vendor's case, lamps out of the same types of gems that the show was designed to showcase.

The minerals shown were widely varied, from replicas of the tyrannosaurus fossils from the Royal Ontario Museum, to gemstones from all over the world, to genuine

fossils that date back to the days of dinosaurs. Everything was set up to bring educate anyone who was interested about the various pieces of knowledge that can be extrapolated from, what ultimately amounts to, a series of different rocks.

Many of the interactive exhibits were targeted primarily at the younger generation of future geologists. As one volunteer said, "It's good to see these children taking such an interest in [earth sciences]. Plenty

of them already know way more about fossils than I would have at their age." He noted that one child who couldn't have been more than

seven had no trouble whatsoever identifying several of the fossils that were on display. This

seems like an encouraging sign to the advantages that events like this pose. Ensuring that

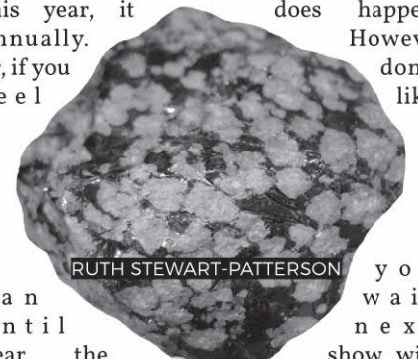
the next generation is interested in a field of research ensures that we will continue to learn more and more from that field of research.

Plenty of exhibits were also oriented towards people of all ages. For instance, one of the booths was based around using different methods to identify the gems that attendees of the show had brought. This

seemed to attract older guests as well as the younger ones. Another activity was designed to teach people more about the Great Lakes, while one was particularly meant to display different dinosaur fossils. It was interesting to notice how both adults and children would have a similar look on their face once they realised that they were handling fossilized dinosaur dung.

Even if you happened to miss the show this year, it does happen annually. However, if you don't feel like

you can wait until next year, the show will be visiting London, ON this November. As well, the Earth Science Museum has a number of permanent exhibits, showcasing different fossils and minerals.



RUTH STEWART-PATTERSON

# Environment Seminar Series: climate commitments and the next 10 years

Charlotte Hings  
Managing Editor

Vanessa Schweizer believes humanity's last chance to change is coming in the next decade.

Last Thursday, the Environment Seminar Series hosted a Lunch and Learn Talk featuring the research of Assistant Professor Schweizer of the Department of Knowledge Integration and Olaf Weber, Research Chair in Sustainable Finance. Schweizer's scenario-based research argued that the next decade (2020-2030) may mark humanity's final chance to avoid dangerous climate change, and that large-scale climate engineering may already be necessary. Weber described ways to mitigate the financial risks of climate change and how to use finance and investment to help the environment and society.

Schweizer presented five socioeconomic pathways (SSPs) that lead to varying degrees of global warming. Each SSP represents different timings and levels of climate actions and differences in Sustainable Development Goal (SDG) achievement. Each led to differing balances between climate change mitigation and adaptation challenges for the future.

Across all scenarios, the earlier the tim-

ing of climate action, the lower the level of global warming.

"When we commit [to climate action] is a key lever," Schweizer said. "Emissions trajectory is not the main issue affecting warming levels, it is the timing of the climate action."

The timeline the SDGs, and which SDGs are achieved makes a difference because they are complementary to climate action and related to implementing climate policies. Over the next 80 years technology, political priorities, international affairs, and values will change. The nature of these changes is crucial because they interact with changes in the climate as well.

Weber discussed that the expert panel on sustainable finance in Canada said that the climate has significant effects on the economy, and that Canada must invest in the

low-carbon economy transition, in which the financial services industry has a key role to play. This information is especially impactful coming from the Department of Finance as opposed to coming from Environment and Climate Change Canada (ECCC). The interaction between the economy and the environment has become so apparent that even finance experts looking to maximize profits realize the futility of looking at them as separate systems.

Weber presented ways in which everyone can change how they deal with their finances such that they positively impact the environment and influence responsible social change.

Weber explained the concept of increased green loans reducing the risk of non-performing loans (loans that don't get paid back) because being environmentally un-

friendly creates a material risk for borrowers. Additionally, investing in green bonds addresses social and environmental challenges while generating financial returns for investors. Choosing a bank with a social mission is an important way to ensure that the loans made by the bank with your money have a positive environmental impact.

Finally, Weber addressed the importance of institutional action. "If we do something as retail clients, it's no good," Weber said. "It's the institutions that are going to make a difference."

Divestment from fossil fuels is a crucial move, but few institutions take this step, in fear of financial losses. "If you say to the University [we would like you] to divest, they will say 'we will lose money,' but this is not true," Weber said. As the risks associated with green vs conventional loans demonstrates, "you don't lose money, you increase financial gains in the long run."

More sustainable banking methods are needed across the board, and the types of investments individuals and institutions make can drastically change the impact they have on socioecological systems and the climate. More academic research is needed to contribute to discovering more pathways to reduce the environmental degradation resulting from the finance and economic sectors.



RUTH STEWART-PATTERSON

## How to have a zero waste Halloween party

Charlotte Hings  
Managing Editor

Having fun doesn't need to create waste. Here are some fun ideas for elements to add to your Halloween party, that will scrap many unnecessary waste sources.

### PUMPKINS:

Using real pumpkins as opposed to fake, plastic pumpkins is a simple and delicious waste alternative. They allow a great amount of creativity for the carver, are a staple Halloween decoration and can be turned into a delicious pumpkin pie or other fun pumpkin dishes once Halloween is over.



CHARLOTTE HINGS



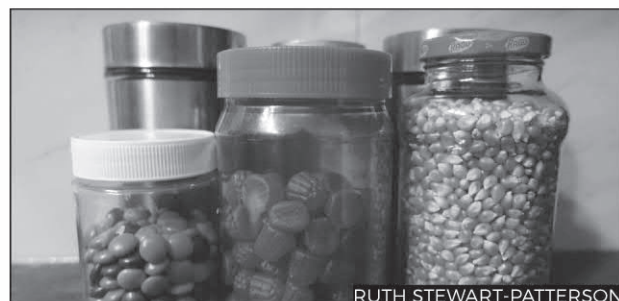
CHARLOTTE HINGS

### FINGER FOODS:

These creepy carrot fingers are the perfect finger food and are super simple to prepare. Just peel and carve out the carrots into small finger-like strips, and 'paint' the tip with some hummus, just like a finger nail.

### AVOID CANDY IN PLASTIC WRAPPING:

Buying candy in bulk is the way to go to get the most for your money, while also reducing your waste. On top of this, it is so easy to do. Putting the candy in your own jars saves dozens of wasteful plastic wrappers.



RUTH STEWART-PATTERSON

### CHEESECLOTH GHOSTS:

These fun decorations are simple to make, can add a spooky flare to your party, and can be fully repurposed after the party is over. Just take a bundle of cheesecloth to make the head and wrap it up with another sheet of cheesecloth to make the over sheet. Tie it securely with cotton thread and hang it on the walls or from the ceiling. Once it's time to take them down, the cheesecloth can be re-used. Also, using cheesecloth that is unbleached and 100 per cent cotton (not a blend of other synthetic materials) means that it can be composted at the end of its life.



RUTH STEWART-PATTERSON

# sports & health



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## Women's frisbee team wins bronze

Alyssa Mason making a dive for the disk during Waterloo's ultimate frisbee championships. The team won a bronze medal.

**Faith Rahman**  
 Arts & Life Editor

The last time the Waterloo Women's Ultimate Frisbee team made it to the top division at the Canadian University Ultimate Championships (CUUC) was 2014. This year, the team lost to only two teams the entire season, marking the very first time that they made it to first division and medalled in third place.

Team captains Miranda Ko, Hannah To, and Jessie Tsang, attribute their win to their hard-working and passionate team that clicked right from the start.

With a diverse group that is 24 members strong, comprised of first-year rookies alongside veterans and players that have toured with Waterloo Region teams and

Team Canada, Women's Ultimate kicked off the Fall 2018 season with a win. At their first tournament, the team was up against Queen's University, who the captains said had a history of winning.

"They were our toughest competition," To said.

But Tsang said that despite having little to no expectations of winning the very first game and instead planned on using the experience to build the team, the team pulled through and played as if they had played together for a long time.

During the game, the two teams had tied, putting Universe Point into effect - which is when the game becomes a sudden death situation where the winner takes all. Connie Xiong, one of the team's rookies, had executed a layout grab in the endzone, scoring them the entire first tournament.

At CUUC 2018, which took place Oct. 12-14 in Brampton, Waterloo garnered a 13-8 win against McMaster in their final game, snagging third place nationally.

Placing third was the perfect way to top off the season. However, it wasn't completely smooth sailing from start to finish. Going into the first game of the first day at nationals and occupying third in Division 1, the team lost against another team that was seated at the bottom of their division that Waterloo had previously played and beaten.

"Moving on, it was a huge mental game for us because we just came from this devastating loss," To said. "We had to come back, pick the team back up."

This term, the captains ensured that they did their part to restructure the way things were ran in the past, which included bringing on more first-years that they saw had

potential. As they had a group with a high skill level and their practice attendance was a lot higher, they were able to immediately work on strategies instead of fundamentals.

"We set a high goal of being competitive ... but also promoting and fostering a loving environment within the team," Tsang said.

"We tried really hard to maintain a relationship with the girls outside of Ultimate," To said. "I think that when you're comfortable with your captains and teammates outside of the sport, it translates onto the field where that relationship, trust, and chemistry is there."

Although the season's over, all three captains continue to appreciate the lasting connections that have been created between team members throughout the term and they hope to successfully pass on the torch for next term.

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**Next scheduled post-mortem meeting:**  
 Wednesday, Oct. 31 at 3 p.m.  
 Imprint Office, SLC 0137

**Next scheduled board of directors meeting:**  
 Thursday, November 15 at 5:30 p.m.  
 Thursday, December 6 at 5:30 p.m.

# opinion



#### HAVE YOUR SAY

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## Swipe right for human connection

Former Tinder CEO, Sean Rad, told the Fast Company in 2013 that the platform's main function is emulating real life situations and human behaviour.

For example, going to a bar or a club where you know you're bound to find other singles, making snap judgments about their physical appearance, and then evaluating your willingness to carry out an interaction with them. But the platform isn't just emulating these experiences, it's facilitating them. We can learn from what makes us feel so empowered about that and use it to create our own experiences. Ones that aren't designed to become so addictive.

There's a part of us that is yearning to have sincere and authentic relationships with others.

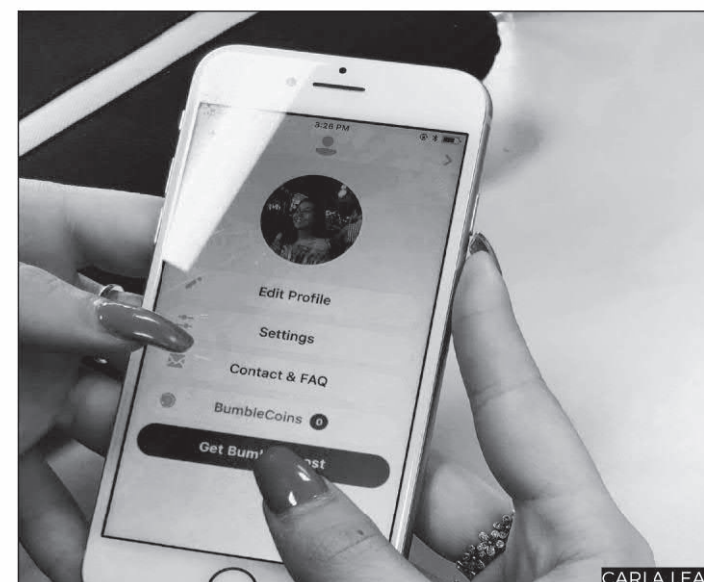
Mobile apps like Tinder offer a way to pursue that desire at the touch of our finger tips. So while we can discuss the gamification, constant connectivity and external validation that Tinder provides, we can't ignore that it's helping society fulfill a very important evolutionary need.

So first, let's talk about what it means to develop sincere relationships with others and the

scientific reason that many of us find that so important. Developing sincere relationships with others means being able to express your perceptions and emotions with another person with the goal of being understood. We know ourselves more intimately than we know anyone else.

As a result, it's hard to imagine anyone else understanding (much less sharing) our deepest thoughts and emotions. That's why we foster compassionate relationships: we can reconcile with ourselves that we "deserve" a spot in society. "Deserving" a spot in our society is an evolutionary need that is designed to help us survive and be successful as a species. This is why we have neural networks to feel social pain and pleasure, predict other people's reactions, and connect with cultural beliefs and values.

I believe that fostering sincere relationships like the one that I've described are best suited to fulfill our need for human connection. Why? Because when we feel that pain or pleasure, we can communicate it honestly and not fear being "left on read". When we try to predict each other's reactions or emotions, it's listening to



Can online dating really provide us with the authentic relationships we crave? CARLA LEAL

the other person's wants and needs, not their bio. In sincere relationships we strive to know each other's values, not their "anthem" from Spotify.

Of course these neural networks light up when we use dating apps. In fact, it's so successful at feeding into our primal instincts that they can become quite addictive. But we only have so much mental energy in our day. Using it to get superficial highs from superficial connections seems like a waste. Rad

was right in that they're emulating real life human behaviour. In doing so and accumulating over 50 million active users per month, they've demonstrated that we as a society place high value on human connection and all that it entails. If we know that this is such a huge part of what drives us as motivations, then let's put more thought into it than a meaningless swipe.

Carla Leal

2A Management Engineering

## Why the USA's consideration of redefining sex has terrifying implications

Transgender people have already been allowed to change their legal sex designation and many had legal documents changed to reflect this. If the USA decides to redefine sex as being strictly the genitalia observed at birth, has terrifying implications. This suggests that the government intends to nullify or invalidate this change that has already been permitted, and there is no way trans people won't fight tooth and nail to prevent these changes from being reversed. Newsflash- the requirements to get your legal sex designation may differ from

state to state, but even the loosest requirements still include a medical professional getting involved and providing a confirmation letter.

Redefining sex in this specific way means that those who have their designation changed, will be affected in some way. If the US were to try to force those transgender people to change back all of their documents, it would put them at risk in a lot of situations. The identifying information used in a lot of situations still display a sex designation. Having an ID with the original designation can out

somebody as trans in many scenarios that aren't ideal. This is a matter of making transgender people clearly identify themselves to the public at every turn, with no care what others do to them as result of knowing they are transgender.

I don't prefer to come forward as transgendered now that I have been out and transitioning for some time, unless I consider it necessary or context appropriate. Unfortunately, a context like this one deems it necessary to do so. I'm tired of the constant stream of neverending garbage. Seeing the word 'transgender'

online from major news sources is an instant headache, because I know it's going to come with the knee-jerk reactions in the comments from people who only have a caricature representation of transgendered people in their minds. People who don't have close relationships of any kind with transgender people, don't necessarily get to see us as more than that caricature. That's the most exhausting part of this all -constantly fighting a straw transgender.

Alex McEwin

3A Social Development Studies

# campus bulletin

## WHAT'S HAPPENING AROUND TOWN

Submit your 30-word announcement or upcoming event to ads@uwimprint.ca for free.

## upcoming events

### October 2018

For all of UpTown Waterloo Fall activities visit [www.uptownwaterloobia.com](http://www.uptownwaterloobia.com).

**Savour in Stratford** - Saturday morning Market from 7 a.m. to 12 p.m. at the Rotary Complex ; and more! [www.visitstratford.com](http://www.visitstratford.com).

### Saturday, November 3

**Emiko's Mini Convention 2018** at 10 a.m. to Sunday, November 4 at 5 p.m. at The Accelerator Centre, 44 Gaukel Street, Kitchener, Ontario. Waterloo Region's longest running fan-run Anime, Gaming and Comic Convention are getting ready for our annual event this November. Weekend passes are available online. [www.go2emc.ca/](http://www.go2emc.ca/) facebook. Contact information: [info@go2emc.ca](mailto:info@go2emc.ca).

### Sunday, November 4

**KW Chamber Music Society** presents "Bernstein Four-Hands" at 8 p.m. at 57 Young Street, W., Waterloo. For tickets/info 519-569-1809 or [www.TicketScene.ca/kwcms](http://www.TicketScene.ca/kwcms).

### Friday, November 9 & 10

**Art\$Pay Member Annual** Juried Art Show & Sale at 137 Glasgow Street, Kitchener. For event details visit [www.artspay.org](http://www.artspay.org).

### Friday, November 9

**KW Chamber Music Society** presents

"Ensemble Made in Canada" at 8 p.m. at 57 Young Street, W., Waterloo. For tickets/info 519-569-1809 or [www.TicketScene.ca/kwcms](http://www.TicketScene.ca/kwcms).

### Saturday, November 10 Love of Music Marathon

presented by the K-W Symphony Volunteer Committee First United Church, King Street, S. at William Street, Waterloo from 10 a.m. to 5 p.m. One hour concerts all day with amateur and professional musicians; all kinds of music. Free admission.

### Sunday, November 11

**Scrabble & More Christmas Bazaar** at Parkminster United Church, 275 Erb Street, E., Waterloo. Enjoy shopping at our Marketplace for unique gifts, preserves, gift baskets, baking, books and puzzles. Fun games, door prizes and refreshments. All proceeds to Stephen Lewis Grandmothers to Grandmothers Campaign.

### Wednesday, November 14 to 17

**Theatre and Performance** program presents Fall term production "Tomorrow Love" at the Theatre of the Arts in Modern Languages, UW. For more info/tickets 519-888-4908 or Janelle at [jrainville@uwaterloo.ca](mailto:jrainville@uwaterloo.ca).

### Wednesday, November 21

**Walter Bean Public Lecture** (free) - "On the State of Freshwater Fish and Fisheries: Finding a Future for the Forgotten," from 7 to 8:30 p.m.,

Humanities Theatre, Hagey Hall, with speaker Dr. Steven Cooke. Register at [www.waterloo.imodules.com/tdwalterbean](http://www.waterloo.imodules.com/tdwalterbean).

### Friday, November 23 & 24

**Booklovers - find treasures** at the Elora Festival Singers Christmas Book Sale from 3 to 8 p.m. on Friday and 10 a.m. to 2 p.m. on Saturday.

Cash only event. Admission and parking are free at the EFS Book Depot, 380 St. Andrews Street, W., Fergus (side entrance).

### Saturday, December 8

**Galaxy of Gifts** - a fundraiser for Lutherwood Foundation at Luther Village on the Park - Great Hall, 141 Father David Bauer Drive, Waterloo. Over 50 tables of handcrafted items, jewelry and more! Free admission ; door prizes ; BBQ food and refreshments. For more info 519-783-3710.

## announcements

### TUESDAYS - GROOVE exercise class

at E7, 2nd floor pitch space from 5 to 6 p.m. For more info [cindy@uwaterloo.ca](mailto:cindy@uwaterloo.ca).

### Gamelan - join the World Music

Ensemble or Community Gamelan. For more info, [www.uwaterloo.ca/music/ensembles](http://www.uwaterloo.ca/music/ensembles).

**Chapel Choir - connect with** friends, unplug from screens, sing your faith. Chapel Choir meets Mondays and

Wednesdays at 4 p.m. Available for credit or an extracurricular. Contact Professor Kate Steiner at [ksteiner@uwaterloo.ca](mailto:ksteiner@uwaterloo.ca) or [www.uwaterloo.ca/music](http://www.uwaterloo.ca/music) for more details. Audition interviews begin September 10.

## volunteering

### Bereaved Families of Ontario

- Midwestern Region, The Family Centre, 65 Hanson Ave., Suite 1042, Kitchener. We currently have a number of exciting volunteer opportunities. For more info, [jaime@bfomidwest.org](http://jaime@bfomidwest.org) or 519-603-0196.

**Become a Meals On Wheels** volunteer! Call 519-772-8787 or [www.communitysupportconnections.org/volunteer/apply](http://www.communitysupportconnections.org/volunteer/apply).

## help needed

**NOT JUST TOURISTS** — We are a humanitarian organization that pack medical supplies and bring them to developing countries. We are in need of volunteers, donors and travelers. For more information, please visit [www.notjusttourists.com](http://www.notjusttourists.com).



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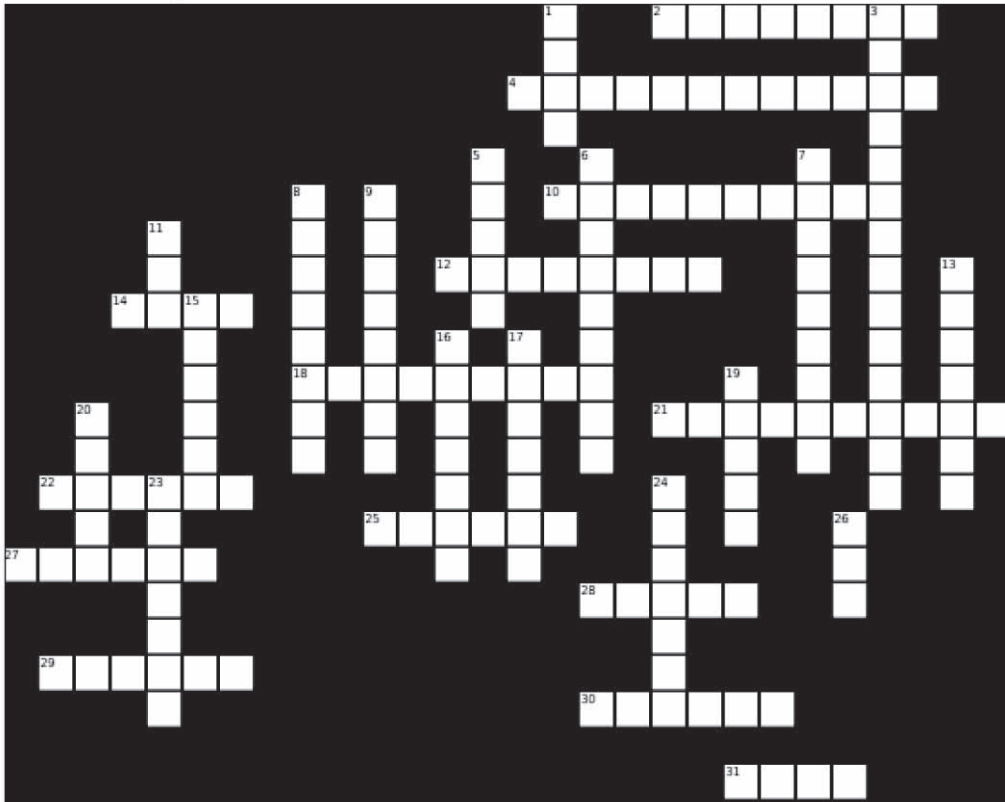
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# distractions



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## Spook-tacular Halloween Crossword



CHARLOTTE HINGS



Based on the works of Dr. Seuss and The Grudge

By Peter Neathway

**Across**

- 2 Boney
- 4 Collecting candy from strangers
- 10 Fancy Halloween party
- 12 The girl who didn't let buttons get sewn into her eyes
- 14 Chilly
- 18 Sweet and melts in your mouth
- 21 You can hide from it using the invisibility cloak
- 22 \_\_\_\_\_ Bride
- 25 The undead
- 27 Leaves falling off the trees

- 28 Can be scary or funny
- 29 Magical concoctions
- 30 Jack Sparrow
- 31 Howl at the moon

**Down**

- 1 When the lights go out
- 3 [6 down] colors
- 5 Adds gore to costumes
- 6 October 31st
- 7 Three-striped candy
- 8 Don't let it cross your path
- 9 Turns during the full moon

- 11 What [20 down] say
- 13 Eight legs and eyes
- 15 Blow around in the wind during [27 across]
- 16 What you wear on [6 down]
- 17 Lord of the Dead, Celtic Lord of Darkness
- 19 Double double toil and trouble
- 20 Are they real?
- 23 Carved and made into pie
- 24 Current month
- 26 Rest in peace

**Solution to last week's crossword:**



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